MANUAL OF

Catholic Devotions

A GIFT
IN MEMORY OF

Juan Velasco

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Rev. Victor Hoagland, C. P.

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Introduction

"Pray without ceasing." *(1 Thes. 5:17)* What else does this simple scriptural sentence mean except that all our lives God calls us to prayer?

Praying is not easy, as you know. Every day so many other things call for your attention. And the world around you puts little value on prayer; its advice is that you put your mind to more important matters. It is not easy to pray today. Yet God tells you to pray.

As you use it, may the Holy Spirit within you come to your aid and guide you gently to the God who loves you.

Fr. Victor

Prayers for Morning & Evening

Sunday Morning

O God, you are my God–
for you I long!
For you my body yearns;
for you my soul thirsts,
Like a land parched, lifeless,
and without water.
So I look to you in the sanctuary
to see your power and glory.
For your love is better than life;
my lips offer you worship!

Psalm 63:2-4

Glory to the Father...

Reading

Jesus said,
"But whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

John 4:14-15

Intercessions

Blessed are you, Lord Jesus, Savior of the world, for giving your life to save us,
— by your precious blood we

are saved.
You promised living waters to
those who seek the truth,
— give us that water to quench
our thirst.
You sent disciples to announce
the Good News to all people,
— sustain those who proclaim
your Word.
To those who carry your Cross
today in anguish,
— grant patience and courage.

Sunday Evening

The Lord is my shepherd;
there is nothing I lack.
In green pastures you let me graze;
to safe waters you lead me;
you restore my strength.
You guide me along the right path
for the sake of your name.
Even when I walk through a
dark valley,
I fear no harm for you are at
my side;
your rod and staff give me
courage.

You set a table before me
as my enemies watch;
You anoint my head with oil;
my cup overflows.

Only goodness and love will
pursue me
all the days of my life;
I dwell in the house of the LORD
for years to come.

Psalm 23

Glory to the Father...

Reading

Jesus said,
"I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep."

John 10:14-15

We bless you, Jesus Christ, our Shepherd, for the life you have given us this day.
— we rejoice in your love.
Look with favor on the flock that bears your name,
— let no one the Father has given you perish.
Guide your church in the way of your Truth,
— by your Holy Spirit make her faithful.
Feed us at the table of your Word and your Bread,
— that we may follow you forever.

Monday Morning

Hear my words, O Lord;
listen to my sighing.
Hear my cry for help,
my king, my God!
To you I pray, O LORD;
at dawn you will hear my cry;
at dawn I will plea before you
and wait.

Psalm 5:2-4

I lift my heart to you, O Lord,
to be strengthened for this day.
Be with me in all I do, my God;
guide me in all my ways.
I will carry some burdens today;
some trials will be mine.
So I wait for your help, Lord,
lest I stumble and fall.
I will do my work, Father,

the work begun by your Son.
He lives in me and I in him;
may his work today be done.
Glory to the Father...

Reading

Do to no one what you yourself dislike. . . Give to the hungry some of your bread, and to the naked some of your clothing. . . Seek counsel from every wise man, and do not think lightly of any advice that can be useful. At all times bless the Lord God, and ask him to make all your paths straight and to grant success to all your endeavors and plans.

Tobit 4:15a, 16a, 18–19a

Intercessions

God of all kindness,
bless your church
— make your people faithful to
you.
Eternal Shepherd, look kindly on
our Holy Father and all bishops,
— grant them wisdom and
courage.
Ruler of Nations, look kindly on
these who govern,
— guide them in the ways of
peace.
Judge of the living and the dead,
be merciful to our deceased
brothers and sisters,
— receive them into eternal joy.

Monday Evening

To you I raise my eyes;
to you enthroned in heaven.
Yes, like the eyes of a servant
on the hand of his master,
Like the eyes of a maid,
on the hand of her mistress,
So our eyes are on the LORD our God,
till we are shown favor.

Psalm 123:1-2

Glory to the Father...

Reading

See what love the Father has bestowed on us that we may be called the children of God. Beloved, we are God's children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like him, for we shall see him as he is.

1 John 3:1a, 2

Lord, remember your church throughout the world,
— that your people may dwell in peace.

Lord, remember those we have met today,
— that they may receive your gifts.

Lord, remember all families
— that they may live in harmony.

Lord, remember the sick and the dying,
— that they may have your joy.

Tuesday Morning

Teach us to count our days
aright,
that we may gain wisdom of
heart.

Psalm 90:12

Help us do today
the things that matter,
not to waste the time we have.
Yes, the moments we have
are precious, Lord,
see that we count them dear.
Teach us to
number our days aright.
Fill us this day
with your kindness,
that we may be glad and rejoice
all the days of our life.
Glory to the Father...

Reading

But according to his promise we await new heavens and a new earth in which righteousness dwells. Therefore, beloved, since you await these things, be eager to be found without spot or blemish before him, at peace. And consider the patience of our Lord as salvation.

2 Peter 3:13-15a

Intercessions

Christ, our Guide, grant that today we may follow what you command,
— we humbly ask you.
Christ, our Guide, grant that

today your life may grow within us,
— we humbly ask you.
Christ, our Guide, grant that
today we may live in peace,
— we humbly ask you.
Christ, our Guide, grant that
today we may not fall into sin,
— we humbly ask you.

Tuesday Evening

Lord, as this day ends,
soul and body, I am tired.
And all I have done:
is it worthwhile?
I need you, Lord,
where can I turn,
except to you?

Lord, my heart is not proud;
nor are my eyes haughty.
I do not busy myself with great
matters,
with things too sublime for me.
Rather, I have stilled my soul,
hushed it like a weaned child.
Like a weaned child on its
mother's lap,
so is my soul within me.

Israel, hope in the LORD,
now and forever.

Psalm 131

Glory to the Father...

Reading

Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God.

2 Corinthians 1:3-4

Lord Jesus, intercede for us
with your heavenly Father,
— despite our offenses,
abide with us.
Lord Jesus, conqueror of death,
strengthen our faith in your
resurrection,
— in the stillness of night,
abide with us.
Lord Jesus, image of the unseen
God, help us to know the Father,
— in our works, abide with us.
Lord Jesus, light of the world,
bring us hope that never fails,
— by your Spirit, abide with us.

Wednesday Morning

Praise the LORD, my soul;
I shall praise the Lord all my life,
sing praise to my God while I live.
Psalm 146:2

Praise the Lord,
my mind and memory,
my thoughts and deeds
of this day.
I will praise the Lord
wherever I go;
I will sing praise,
for the Lord is good.
Praise the Lord,
strangers and friends;
let us praise him for he loves us;
let us sing praise to our God
while we live.
Glory to the Father...

Reading

Love is patient; love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7

Blessed are you, Creator of heaven and earth,
— you made the world and
offer it life.
Remember us as we begin our work,
— that we work in harmony with others.
May we do what is useful for our brothers and sisters,
— and together build a world
that is pleasing to you.
To us and all whom we meet today,
— give your joy and peace.

Wednesday Evening

The LORD is my light and my
salvation,
whom should I fear?
The LORD is my life's refuge;
of whom am I afraid? . . .
One thing I ask of the LORD;
this I seek:
To dwell in the LORD's house
all the days of my life.
To gaze on the LORD's beauty,
to visit his temple. . .
Hear my voice, LORD, when I call;
have mercy on me and
answer me.
"Come," says my heart, "seek
God's face";
your face, LORD, do I seek!

Psalm 27:1, 4, 7-8

Glory to the Father...

Reading

And may the Lord make you increase and abound in love for one another and for all, just as we have for you, so as to strengthen your hearts, to be blameless in holiness before our God and Father at the coming of our Lord Jesus with all his holy ones.

1 Thessalonians 3:12-13

Jesus, our Savior, from your pierced heart the church was born,
— by your holy Cross, give us new life.
Jesus, our Savior, the centurion proclaimed you were God's Son,
— by your holy Cross, increase our faith.
Jesus, our Savior, you called the good thief into paradise,
— by your holy Cross, call us.
Jesus, our Savior, you cured the sick and raised the dead,
— by your holy Cross, save us.

Thursday Morning

Shout joyfully to the LORD, all
you lands;
worship the LORD with cries
of gladness;
come before him with joyful
song.
Know that the LORD is God;
our maker to whom we belong,
whose people we are, God's
well-tended flock.
Enter the temple gates with
praise,
its courts with thanksgiving.
Give thanks to God, bless his name;
good indeed is the LORD,
Whose love endures forever,
whose faithfulness lasts
through every age.

Psalm 100

Glory to the Father...

Reading

Finally, all of you, be of one mind, sympathetic, loving toward one another, compassionate, humble. Do not return evil for evil, or insult for insult; but, on the contrary, a blessing, because to this you were called, that you might inherit a blessing.

1 Peter 3:8-9

Lord, our refuge and strength,
listen to our praise at the
beginning of this day,
— teach us to praise you
without end.

In you we place our faith and
hope,
— that our waiting might be
rewarded.

You know our needs and come
to our aid,
— without you we can do
nothing.

Remember the poor and
unfortunate,
— may this day not be a burden
to them.

Thursday Evening

I praise you, LORD, for you
raised me up
and did not let my enemies
rejoice over me.
O LORD, my God,
I cried out to you and you
healed me. . . .
To you, LORD, I cried out;
with the LORD I pleaded for
mercy: . . .
Hear, O LORD, have mercy on me;
LORD, be my helper.

You changed my mourning
into dancing;
you took off my sackcloth
and you clothed me with
gladness.
With my whole being I sing

endless praise to you.
O LORD, my God,
forever will I give you thanks.

Psalm 30:2-3, 9, 11-13

Glory to the Father...

Reading

In this you rejoice, although now for a little while you may have to suffer through various trials, so that the genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ. Although you have not seen him you love him; even though you do not see him now yet believe him, you rejoice with an

indescribable and glorious joy, as you attain the goal of [your] faith, the salvation of your souls.

1 Peter 1:6-9

Intercessions

We praise you, God our Father,
for the life you give us today,
— blessed are you, O Lord.

We praise you for your Son who fills us with wisdom and knowledge,
— blessed are you, O Lord.

We praise you, Father of mercies,
for preserving us from temptation,
— blessed are you, O Lord.

We praise you, God of kindness,
for giving strength to the weak,
— blessed are you, O Lord.

Friday Morning

Have mercy on me, God, in
your goodness;
in your abundant compassion
blot out my offense.
Wash away all my guilt;
from my sin cleanse me. . .
Cleanse me with hyssop, that I
may be pure;
wash me, make me whiter
than snow.
Let me hear sounds of joy and
gladness;
let the bones you have
crushed rejoice. . .
A clean heart create for me, God;
renew in me a steadfast spirit.
Do not drive me from your
presence,
nor take from me your holy spirit.

Psalm 51:3-4, 9-10, 12-13

Glory to the Father...

Reading

No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Ephesians 4:29-32

We give you thanks, Lord, for
you are rich in mercy,
— for the great love with which
you have loved us.
You are acting always in the
world by the power of your
Spirit,
— making all things new.
Open our eyes today, and those
of our brothers and sisters
— that we may see your
wonders.

Friday Evening

My God, every day I praise you,
my voice blending with the
prayer of every generation.

The LORD is gracious and merciful,
slow to anger and abounding
in love. . . .
The LORD is trustworthy in
every word,
and faithful in every work.
The LORD supports all who are
falling
and raises up all who are
bowed down.
The eyes of all look hopefully to you;
you give them their food in
due season.
You open your hand

and satisfy the desire of every
living thing.

Psalm 145:8, 13b-16

Glory to the Father...

Reading

What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who loved us.

Romans 8:35, 37

Jesus, who died on the Cross for us, forgive the sins we have committed this day,
— Lord, hear us! Lord, help us!

Jesus, conqueror of death, take our deceased brothers and sisters with you into paradise,
— Lord, hear us! Lord, help us!

Jesus, born of Mary, give us a readiness like hers to welcome your Word,
— Lord, hear us! Lord, help us!

Saturday Morning

Praise the LORD, all you nations!
Give glory, all you peoples!
The LORD's love for us is strong;
the LORD is faithful forever.
Hallelujah!

Psalm 117

Praise the Lord, faraway space,
glorify God, every home and family!
For God has brought us
to the beginning of this day,
and God will see us to its end.
Praise the Lord, world of today,
come with your blessings;
come with your struggles.
Praise the Lord!
Glory to the Father...

Reading

May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus, that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, then, as Christ welcomed you, for the glory of God.

Romans 15:5-7

O God, you are our blessed light,
— awaken us this new day.

By the resurrection of your Son,
you have enlightened the world,
— and given us new hope.

By your Spirit, you gave wisdom
to the disciples of your Son,
— send your Spirit upon us and
make us faithful.

Light of the nations, shine on
those who dwell in darkness,
— open their eyes to know you,
the only true God.

Saturday Evening

Out of the depths I call to you,
LORD;
LORD, hear my cry!

Psalm 130:1

From my fears, failures, and sins,
I cry to you.
Lord, hear my voice.
From the depths of my heart,
I cry to you,
from the darkness of myself.
From life's shadow, I cry to you.
Lord, hear my voice.
For you are merciful, Lord,
forgiving to us all.
And so I wait, Lord,
your mercy comes
as sure as the dawn.
Glory to the Father...

Reading

More tortuous than all else is
the human heart,
beyond remedy; who can
understand it?
I, the LORD, alone probe the mind
and test the heart,
To reward everyone according
to his ways,
according to the merit of his
deeds.

Jeremiah 17:9-10

O God, blessed through all ages, you guide us always with your light,
— we praise you through Jesus Christ.

O God, blessed through all ages, you nourish us with daily bread,
— we praise you through Jesus Christ.

O God, blessed through all ages, you strengthen us with your powerful grace,
— we praise you through Jesus Christ.

God of Glory, blessed through all ages, glorify those who love you,
— we praise you through Jesus Christ.

Prayers for Advent, Christmas, Lent and Easter

First Week of Advent

Jesus said to his disciples: "Be watchful! Be alert! You do not know when the time will come."

Mark 13:33, First Sunday of Advent

O Jesus, your voice sounds through the house of my world: Be on your guard! Stay awake! Yet I hardly hear you. Busy with so much, I go about the things I do like a servant trapped in household routine, hardly giving a thought to what my life is about. My spirit within has grown tired and you, my God, seem far away. How can I hear your voice today?

Speak to my heart during this season of grace, as you spoke to your prophets and saints. Remind me again of the journey you call me to make and the work you would have me do. I am your servant, O Lord. Speak to me in this holy season and turn my eyes to watch for your coming.

O Emmanuel, Jesus Christ, desire of every nation, Savior of all peoples, come and dwell among us.

Second Week of Advent

In those days John the Baptist appeared, preaching in the desert of Judea, [and] saying: "Repent, for the kingdom of God is at hand!"

Matthew 3:1, Second Sunday of Advent

O Jesus, in an empty desert your prophet John proclaimed: "God is here, at your side. God has come to bring about a kingdom where injustice and suffering will be no more, where tears will be wiped away, and where those who turn to God will feast at a banquet.

"Turn now, your God is standing at your side. Reform your lives,

God's kingdom is at hand." Give me faith like John's, O Lord, strong enough to believe even in a desert that you and your kingdom are no farther from me than my hand. Make my heart strong like his, not swayed by trials or snared by false pleasures. Give me courage to be faithful until your promises are fulfilled.

O King of all nations, Jesus Christ, only joy of every heart, come and save your people.

Third Week of Advent

When John heard in prison of the works of the Messiah, he sent his disciples to him with this question, "Are you the one who is to come, or should we look for another?" Jesus said to them in reply, "Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them."

Matthew 11:2-5, Third Sunday of Advent

O Jesus, I rejoice at the signs that say you are near. Your power is everywhere if I could see it.

Yet my eyes often see only darkness and what has yet to be done. I believe in you, yet when I look around, evil seems so strong and goodness so weak. If you have come, why is there still so much suffering and why do the poor still despair? Where are your miracles today?

Your grace, O Lord, is more fruitful in my world than I imagine. I know your power is everywhere around me, if I could only see it. Show me today where the blind see and the lame walk. Make my vision sharper than it is.

Fourth Week of Advent

Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High.

Luke 1:31-32, Fourth Sunday of Advent

O Jesus, I believe you were born of Mary and are God's Son. Your mysterious coming is beyond understanding. Yet like your holy Mother, Mary, I wish that you would come to me, for you have promised you will. Let me serve you in any way I can and know that you are with me day by day as my life goes by.

Like Mary, your Mother, though

I know you only by faith, may my whole being proclaim your greatness and my spirit rejoice in your favor to me.

O Wisdom, holy Word of God, Jesus Christ, holding all things in your strong yet tender hands, come and show us the way to salvation.

Christmas

A reading from the Holy Gospel according to Luke:

In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. While they were there, the time

came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.

Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been

born for you who is Messiah and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger." And suddenly there was a multitude of the heavenly host with the angel, praising God and saying:

"Glory to God in the highest
and on earth peace to those
on whom his favor rests."

Luke 2:1-14

Lent and Easter

Lent begins with the imposition of ashes, an ancient symbol of penance common in the Old Testament and pagan antiquity. Jesus alludes to it when he condemns the cities of Bethsaida and Chorazin for not doing penance.

"For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes."

Matthew 11:21

Ash Wednesday is a day of fasting.

Ash Wednesday Prayers

O Jesus, you place on my forehead the sign of my sister Death: "Remember you are dust, and to dust you shall return."

How not hear her wise advice? One day my life on earth will end; the limits on my years are set, though I know not the day or hour. Shall I be ready to go to meet you? Let this holy season be a time of grace for me and all this world. "Teach us to number our days aright, that we may gain wisdom of heart."

O Jesus, you place on my forehead the sign of your saving Cross:

"Turn from sin and be faithful to the gospel."

How can I turn from sin
unless I turn to you? You speak,
you raise your hand, you touch
my mind and call my name,
"Turn to the Lord your God
again."

These days of your favor
leave a blessing as you pass
on me and all your people.
Turn to us, Lord God,
and we shall turn to you.

O Jesus, Son of God,
you were born in a stable and
died on the cross for our
salvation.

Say to your heavenly Father
at the hour of my death:
"Father, forgive them."

Say to your loving mother:
"Behold your daughter, behold
your son."

Say to my soul:
"This day you shall be with me
in Paradise."

"My God, my God, do not
abandon me" in that hour. "I

thirst," my God, yes, my soul thirsts for you, the fountain of living waters. My life passes like a shadow. Yet a little while and "it is finished."

So, my Savior, from this moment and for all eternity, "Into your hands, I commend my spirit."

Lord Jesus, receive my soul. Amen.

O Mother of Sorrows,
with strength from above
you stood by the cross
sharing the sufferings of Jesus,
and with tender care
you took him in your arms,
mourning and weeping.

We praise your faith, for
accepting the life God gave you.
We praise your hope,
for trusting God would do great
things through you.
We praise your love,
for bearing with Jesus
the sorrows of his passion.
Holy Mary,
may we follow your example
and stand by all your children
who need comfort and love.
Mother of God,
stand by us in our trials
and care for us in our many
needs.
Pray for us now
and at the hour of our death.
Amen.

Easter Reflections

They put him to death by hanging him on a tree. This man God raised [on] the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.

Acts 10:39b-41

Peter, an eyewitness to the resurrection of Jesus, can hardly contain his surprise as he relates the story to anyone he meets after Jesus' resurrection. Jesus was raised from the dead!

Traditional Prayers

Everyday Prayers

Sign of the Cross

In the name of the Father, and of the Son, † and of the Holy Spirit. Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth
as it is in heaven.
Give us this day our daily
bread;
and forgive us our trespasses
as we forgive those
who trespass against us;

and lead us not into
temptation,
but deliver us from evil.
Amen.

The Hail Mary

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among
women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of
our death. Amen.

Glory Be to the Father

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now and ever shall be,
world without end. Amen.

Grace Before Meals

Bless us, O Lord,
and these your gifts which
we are about to receive from
your bounty,
through Christ our Lord.
Amen.

Grace After Meals

We give you thanks,
Almighty God, for these
and all your blessings;
you live and reign for
ever and ever.
Amen.

Come Holy Spirit

Come, Holy Spirit, fill the
hearts of your faithful
and kindle in them the
fire of your love.
Send forth your Spirit,
and they shall be created;
and you will renew the face
of the earth.

O God,
on the first Pentecost
you instructed the hearts of
those who believed in you
by the light of the Holy
Spirit;
under the inspiration
of the same Spirit,
give us a taste
for what is right and true
and a continuing sense
of his presence and power;
through Jesus Christ our
Lord. Amen.

An Act of Faith

O God,
I firmly believe all the
truths

that you have revealed
and that you teach us
through your Church,
for you are truth itself and
can neither deceive nor
be deceived.

An Act of Hope

O God,
I hope with complete
trust that you will give
me, through the merits
of Jesus Christ, all the
necessary grace in this
world and everlasting
life in the world to come,
for this is what you have
promised and you
always keep your promises.

An Act of Charity

O God,
I hope with complete trust
that you will give me,
through the merits of Jesus
Christ, all the necessary
grace in this world and
everlasting life in the world
to come, for this is what you
have promised and you
always keep your promises.

O God,
I love you with my whole
heart above all things,
because you are infinitely
good;
and for your sake I love
my neighbor as I love
myself.

I believe in God, the Father
almighty, Creator of heaven
and earth.

I believe in Jesus Christ, his only
Son, our Lord.
He was conceived by the
power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius
Pilate, was crucified, died
and was buried.

He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right
hand of the Father.
He will come again to judge

the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

The Confiteor

I confess to almighty God,
and to you, my brothers and
sisters, that I have sinned
through my own fault,
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
and I ask blessed Mary, ever
Virgin, all the angels and
saints,

and you, my brothers
and sisters,
to pray for me to the Lord
our God.

Act of Contrition

My God, I am sorry for my
sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above
all things.
I firmly intend with your help
to sin no more, to do
penance, and to avoid
whatever leads me to sin.
Amen.

Prayer for Love of God

O great Lord of heaven and
earth,
infinite good and majesty,
you who have loved so
tenderly,
how is it that you are
despised by so many human
beings?
You have loved me
in a special manner
and have bestowed
many wonderful graces on
me.
Yet I, too, have despised you
by every sin through which
I have turned against your
law.
I resolve this day to love you

with my whole heart and to
love nothing unless it can be
loved in you.
Grant me this gift of love:
a fervent love that will make
me reject the appeal of
sinful creatures;
a strong love that will make
me conquer all
difficulties to please you;
a persevering love that will
never be dissolved.
Amen.

Devotions to the Sacred Heart of Jesus

Devotions to the Sacred Heart of Jesus

St. Margaret Mary Alacoque was born in France in 1647 and died in 1690. Our Lord appeared to St. Margaret Mary several times during her life as a nun in the Visitation Order. In 1675, the great revelation was made to St. Margaret Mary that she, along with Father de la Colombiere, S.J., was to be the chief instrument for instituting the Feast of the Sacred Heart and for spreading devotion to the Sacred Heart throughout the world.

The Great Promise of the First Friday

All who receive Holy Communion on nine consecutive First Fridays have been blessed by Our Lord with the grace of a most wonderful promise. We should listen carefully. It is our Savior himself who speaks to us through St. Margaret Mary:

"I promise you in the unfathomable mercy of my heart that my omnipotent love will procure the grace of final penitence for all those who communicate on nine successive First Fridays of the month; they will not die in my disfavor, or without having received their

sacraments, since my divine heart will be their sure refuge in the last moments of their life."

Our Lord also told St. Margaret Mary of the following additional blessings:

1. I will give them all the graces necessary for their state of life.
2. I will establish peace in their families.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all in death.
5. I will bestow a special blessing upon all their undertakings.

6. Sinners shall find in my heart the source and infinite ocean of mercy.
7. Tepid souls shall grow fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place where a picture of my heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my heart – never to be blotted out.

Act of Reparation to the Sacred Heart of Jesus

O sweet Jesus, whose overflowing charity is requited by so much forgetfulness, negligence, and contempt, behold us prostrate before you eager to repair by a special act of homage the cruel indifference and injuries to which your loving heart is everywhere subject.

Mindful alas! that we ourselves have had a share in such great indignities, which we now deplore from the depth of our heart, we humbly ask your pardon and declare our readiness to atone by voluntary expiation not only for our own personal offenses but also for the sins of

those who, straying far from the path of salvation, refuse in their obstinate infidelity to follow you, their Shepherd and Leader, or, renouncing the vows of their baptism, have cast off the sweet yoke of your law.

We are now resolved to expiate each and every deplorable outrage committed against you. We are determined to make amends for the manifold offenses against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violation of Sundays and holidays, and the shocking blasphemies uttered against you and your saints.

We wish also to make amends

for the insults to which your vicar on earth and your priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very sacrament of your divine love; and lastly for the public crimes of nations who resist the rights and the teaching authority of the Church which you have founded.

Would, O divine Jesus, we were able to wash away such abominations with our blood! We now offer in reparation for these violations of your divine honor, the satisfaction you did once make to your eternal Father on the Cross and which you continue to renew daily before us; we offer it in union with the acts of atonement of your virgin Mother

and all the saints and of the pious faithful on earth; and we sincerely promise to make recompense as far as we can with the help of your grace, for all neglect of your great love and for the sins we and others have committed in the past.

Henceforth we will live a life of unwavering faith, of purity of conduct, of perfect observance of the precepts of the Gospel and especially that of charity.

We promise to the best of our power to prevent others from offending you and to bring as many as possible to follow you.

O loving Jesus, through the intercession of the Blessed Virgin Mary, our model in reparation, deign to receive the voluntary

offering we make of this act of expiation; and by the crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe to you, so that we may all one day come to that happy home, where you with the Father and the Holy Spirit live and reign, God, world without end. Amen.

Act of Consecration of the Human Race to the Sacred Heart

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before you. We are yours, and yours we wish to be; but to be more surely united with you, behold each one of us freely consecrates

himself today to your Most Sacred Heart. Many indeed have never known you; many too, despising your precepts, have rejected you. Have mercy on them all, most merciful Jesus, and draw them to your Sacred Heart. Be King, O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned you; grant that they may quickly return to their Father's house lest they die of wretchedness and hunger. Be King of those who are deceived by erroneous opinions, or whom discord holds aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and

one shepherd. Grant, O Lord, to your Church assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry: "Praise to the Divine Heart that wrought our salvation; to it be glory and honor for ever." Amen.

Litany of the Sacred Heart of Jesus

Lord, have mercy, Christ,
have mercy,
Lord, have mercy. Christ,
hear us.
Christ, graciously hear us.
God the Father of heaven,
– Have mercy on us.
God the Son, Redeemer of the

world.

(After each invocation, respond with, "Have mercy on us.")

God the Holy Spirit,
Holy Trinity, one God,
Heart of Jesus, Son of the eternal Father,
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mary,
Heart of Jesus, united with God's eternal Word,
Heart of Jesus, of limitless majesty,
Heart of Jesus, Temple of God among us,
Heart of Jesus, Shrine of the Most High,
Heart of Jesus, House of God and Gate of

heaven,
Heart of Jesus, glowing with
love for us,
Heart of Jesus, overflowing
with goodness and love,
Heart of Jesus, full of kindness
and love,
Heart of Jesus, Fountain of all
holiness,
Heart of Jesus, worthy of all
praise,
Heart of Jesus,
King and Center of all hearts,
Heart of Jesus, Treasure-House
of wisdom and knowledge,
Heart of Jesus,
Tabernacle of God's fullness,
Heart of Jesus,
in whom the Father is well
pleased,
Heart of Jesus, of whose

fullness we have all received,
Heart of Jesus, desire of the
everlasting hills,
Heart of Jesus, patient and full
of mercy,
Heart of Jesus,
generous to all who turn
to you,
Heart of Jesus, Source of life
and holiness,
Heart of Jesus, Atonement for
our sins,
Heart of Jesus,
overwhelmed with
reproaches,
Heart of Jesus, bruised for our
sins,
Heart of Jesus,
obedient all the way to
death,

Heart of Jesus, pierced with a lance,
Heart of Jesus, Source of all consolation,
Heart of Jesus, our Life and Resurrection,
Heart of Jesus,
our Peace and
Reconciliation,
Heart of Jesus, Sacrifice for sin,
Heart of Jesus,
Salvation of all who trust in you,
Heart of Jesus,
Hope of all who die in you,
Heart of Jesus, Delight of all the saints,
Lamb of God, you take away the sins of the world,
– Spare us, O Lord.

Lamb of God, you take away
the sins of the world,
– Graciously hear us,
O Lord.
Lamb of God, you take away
the sins of the world,
– Have mercy on us.
Jesus, gentle and humble of
heart,
– Touch our hearts and
make them like your own.
Let us pray.
Father, we rejoice in the gifts of
love we have received from
the heart of Jesus your Son.
Open our hearts to share his
life and continue to bless us
with his love.
We ask this through Christ
our Lord.
Amen.

The Way of the Cross

The Way of the Cross

The Way of the Cross is a devotion in which we meditate upon the passion of Christ. Through this devotion, we can experience Jesus' suffering as he made his way to Calvary, and feel his love – a love so great that he was willing to die for both ourselves and his Father. If we can begin to understand the human experience of suffering out of love for one another, we will then begin to understand the meaning of the Cross.

The Stations of the Cross

Opening Prayer

All-loving God, I raise my mind and heart to you in praise.

Though weak and at times sinful, I wish to follow your Son, Jesus, on the way of the Cross.

May this meditation enable me to imitate in my own life the love with which he gave himself to you and to all his brothers and sisters. Amen.

FIRST STATION

Jesus is condemned to death

The high priest rose before the assembly and questioned Jesus, saying, "Have you no answer? What are these men testifying against you?" But he was silent and answered nothing. Again the high priest asked him and said to him, "Are you the Messiah, the son of the Blessed One?"

Then Jesus answered, "I am;
and 'you will see the Son of
Man seated at the right
hand of the Power
and coming with the clouds
of heaven.' "

At that the high priest tore his garments and said, "What

further need have we of witnesses? You have heard the blasphemy. What do you think?" They all condemned him as deserving to die.

Mark 14:60-64

Lord Jesus Crucified, have mercy on me.

SECOND STATION
Jesus carries his Cross

When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away,

take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified.

So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

John 19:13-17

Lord Jesus Crucified, have mercy on me.

THIRD STATION

Jesus falls the first time

Jesus said:

"If the world hates you, realize that it hated me first. If

you belonged to the world, the world would love its own; but because you do not belong to the world, and I have chosen you out of the world, the world hates you. Remember the word I spoke to you, 'No slave is greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours."

John 15:18-20

Lord Jesus Crucified, have mercy on me.

FOURTH STATION

Jesus meets his afflicted mother

Standing by the cross of Jesus were his mother and his

mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

John 19:25-27

Lord Jesus Crucified, have mercy on me.

FIFTH STATION

Simon of Cyrene helps Jesus to carry his Cross

And when they had mocked him, they stripped him of the

purple cloak, dressed him in his own clothes, and led him out to crucify him.

They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

They brought him to the place of Golgotha (which is translated Place of the Skull).

Mark 15:20-22

Lord Jesus Crucified, have mercy on me.

SIXTH STATION

Veronica wipes the face of Jesus

"Then the king will say to those on his right, 'Come, you who are

blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world,...Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' "

Matthew 25:34, 37-40

Lord Jesus Crucified, have mercy on me.

SEVENTH STATION

Jesus falls the second time

Yet it was our infirmities that
he bore,
our sufferings that he endured,
While we thought of him as
stricken,
as one smitten by God and
afflicted.
But he was pierced for our
offenses,
crushed for our sins,
Upon him was the chastisement
that makes us whole,
by his stripes we were healed.
We had all gone astray like
sheep,
each following his own way;

But the LORD laid upon him
the guilt of us all.

Isaiah 53:4-6

Lord Jesus Crucified, have mercy on me.

EIGHTH STATION

Jesus meets the women of Jerusalem

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children."

Luke 23:27-28

Lord Jesus Crucified, have mercy on me.

NINTH STATION

Jesus falls a third time

Jesus said,

"... because I came down from heaven not to do my own will but the will of the one who sent me. And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it [on] the last day."

John 6:38-39

Lord Jesus Crucified, have mercy on me.

TENTH STATION

Jesus is stripped of his clothes

They gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots.

Matthew 27:34-35

Lord Jesus Crucified, have mercy on me.

ELEVENTH STATION

Jesus is nailed to the Cross

When they came to the place called the Skull, they crucified him and the criminals there, one

on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."] They divided his garments by casting lots. The people stood by and watched; the rulers, meanwhile, sneered at him and said, "He saved others, let him save himself if he is the chosen one, the Messiah of God." Even the soldiers jeered at him. As they approached to offer him wine they called out, "If you are King of the Jews, save yourself." Above him there was an inscription that read, "This is the King of the Jews."

Luke 23:33-38

Lord Jesus Crucified, have mercy on me.

TWELFTH STATION

Jesus dies on the cross

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

Luke 23:44-46

Lord Jesus Crucified, have mercy on me.

THIRTEENTH STATION

The body of Jesus is taken down from the Cross

But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. . . . After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body.

John 19:33-34, 38

Lord Jesus Crucified, have mercy on me.

FOURTEENTH STATION

Jesus is laid in the tomb

Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed.

Matthew 27:59-60

Lord Jesus Crucified, have mercy on me.

Prayers to the Blessed Virgin Mary

Prayers to the Blessed Virgin Mary

The Regina Caeli "Queen of Heaven"

Queen of heaven, rejoice,
Alleluia.
The Son whom you were
privileged to bear,
Alleluia, has risen as he said,
Alleluia.
Pray to God for us, Alleluia.
Rejoice and be glad,
Virgin Mary,
Alleluia.
For the Lord has truly risen.
Alleluia.
Let us pray.
O God it was by the

Resurrection of
your Son,
our Lord Jesus Christ,
that you brought joy to the
world.
Grant that through the
intercession of the Virgin
Mary, his Mother, we may
attain the joy of eternal life.
Through Christ, our Lord.
Amen.

The Angelus

The angel of the Lord declared
unto Mary.
And she conceived of the
Holy Spirit.
Hail Mary...
Behold the handmaid of the
Lord.

Be it done to me according to
your word.
Hail Mary...
And the Word was made
flesh;
and dwelt among us.
Hail Mary...
Pray for us, O holy Mother of
God, that we may be made
worthy
of the promises of Christ.
Let us pray.
Pour forth, we beseech you, O
Lord, your grace in our
hearts, that we,
to whom the Incarnation of
Christ, Your Son, was made
known by the message
of an angel,
may by his Passion and Cross
be brought to the glory of his

Resurrection; through the
same Christ our Lord.
Amen.

The Memorare

Remember, O most gracious
Virgin Mary,
that never was it known that
anyone who fled to your
protection,
implored your help, or
sought your intercession
was left unaided.
Inspired by this confidence,
we fly unto you, O Virgin of
virgins, our Mother!
To you we come,
before you we stand,
sinful and sorrowful.
O Mother of the Word

incarnate,
despise not our petitions, but
in your mercy hear and
answer us.
Amen.

Prayer of St. Alphonsus Liguori

O most holy and Immaculate Virgin, my Mother; you are the Mother of my Lord, the Queen of the world, the advocate, hope, and refuge of sinners, and I, the most miserable of those sinners, come to you today.
I venerate you, great Queen, and thank you for the many graces that you have bestowed upon me, and I especially want to thank you

for having saved me so many times from the punishment of God, a punishment which I deserved.

I love you, most lovable Lady, and by the love I have for you, I promise that I will always serve you and do as much as I can to make others love you.

I put all of my hope and my entire salvation in you.

Receive me as your servant, O Mother of mercy, and cover me with the mantle of your protection.

Since you are so powerful with God, free me from all temptations or, at least, obtain the graces for me to

overcome them until death.
I ask of you a true love for Jesus Christ, and through you I hope to die a good death. My Mother, by the love you have for God, I beg you to always help me, especially at the last moment of my life.
Do not leave me until you see me safe in heaven.
I hope to thank and praise you there for ever.

Prayer of St. Francis de Sales

O most Holy Mary, Virgin Mother of God, even though I am most unworthy to be your servant, I am moved

by your motherly care for me and long to serve you.

I choose you this day to be my Queen, my Advocate and my Mother, and I firmly resolve to always be devoted to you and to do what I can to encourage others to be devoted to you.

My loving Mother, through the precious blood of your Son that was shed for me, I beg you to receive me as your eternal servant.

Aid me in my actions and beg for me the grace never by word, deed, or thought to be displeasing in either your sight or that of your most holy Son.

Remember me, dearest
Mother, and do not abandon
me at the hour of my death.

Prayer of St. Louis de Montfort

Hail Mary, beloved
Daughter of the eternal
Father, wonderful Mother of
the Son, faithful Spouse of
the Holy Spirit.
You are my loving Lady, my
powerful Queen.
You are all mine through your
mercy, and I am all yours.
Take away everything from
me that may be displeasing
to God.
Cultivate in me everything
that is pleasing to you.
May the light of your faith

dispel the darkness of my mind, your deep humility replace my pride; your continual sight of God fill my memory with his presence; and the fire of your heart, inflame the lukewarmness of my own heart.

May your virtues take the place of my sins, and may your merits be my enrichment to make up for all that is wanting in me before God.

My beloved Mother, grant that I may have no other spirit than yours, that I know Jesus Christ and his Divine Will and that I glorify the Lord.

Hail Mary, my dear Mother,
may I love God with a
burning love like yours.

Prayer of St. Thomas Aquinas

O Virgin full of goodness, the
Mother of mercy, I entrust
my body and soul, my
thoughts, my actions,
and my life and death to you.
O my Queen, help me, and
deliver me from the grasp of
the devil. Obtain for me the
grace of loving my Lord
Jesus Christ, your Son, with
a true and perfect love.
And after him, O Mary, obtain
for me that same grace, so
that I may love you with all

my heart and above all
things.

The Magnificat

My soul proclaims the
greatness of the Lord and
my spirit rejoices in God my
savior;
For he has looked upon his
handmaid's lowliness;
behold, from now on will all
generations call me blessed,
The Mighty One has done
great things for me,
and holy is his name.
His mercy is from age to age
to those who fear him.
He has shown might with his
arm,
dispersed the arrogant of

mind and heart.
He has thrown down the
rulers from their thrones
but lifted up the lowly.
The hungry he has filled with
good things;
the rich he has sent away
empty.
He has helped Israel his
servant,
remembering his mercy,
according to his promise to our
fathers,
to Abraham and to his
descendants for ever.

Luke 1:46-55

Prayer of St. Francis

Lord, make me an
instrument of your peace.
Where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness,
joy.
O Divine Master, grant that I
may not so much seek to be
consoled as to console,
to be understood as to
understand,
to be loved as to love.
For it is in giving that we
receive,

it is in pardoning
that we are pardoned,
and it is in dying
that we are born to eternal life.

Litany of the Blessed Virgin Mary

Lord, have mercy,
Christ, have mercy
Lord, have mercy.
Christ, hear us.
Christ, graciously hear us.
God, the Father of heaven,
have mercy on us.
God, the Son, Redeemer of the world,
have mercy on us.
God, the Holy Spirit,
have mercy on us.
Holy Trinity, one God,
have mercy on us.

Holy Mary,
(after each invocation, respond with "Pray for us.")
– Pray for us.
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother, full of grace,
Mother most pure,
Mother most chaste,
Immaculate Mother,
Sinless Mother,
Lovable Mother,
Model of mothers,
Mother of good counsel,
Mother of our Maker,
Mother of our Savior,
Wisest of virgins,
Holiest of virgins,
Virgin, powerful in the sight of God,

Virgin, merciful to us sinners,
Virgin, faithful to all God asks
of you,
Mirror of holiness,
Seat of wisdom,
Cause of our joy,
Shrine of the Spirit,
Honor of your people,
Devoted handmaid of the
Lord,
Mystical Rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the Covenant,
Gate of heaven,
Star of hope,
Health of the sick,
Refuge of sinners,
Comfort of the afflicted,
Help of Christians,

Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen conceived in holiness,
Queen raised up to glory,
Queen of the Rosary,
Queen of peace,
Lamb of God, you take away
the sins of the world,
– Spare us, O Lord.
Lamb of God, you take away
the sins of the world,
– Graciously hear us,
O Lord.
Lamb of God, you take away
the sins of the world,

– Have mercy on us.

Pray for us, O holy Mother of God,

– That we may be made worthy of the promises of Christ.

Let us pray.

Lord God,

give to your people the joy of continual health in mind and body.

With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come.

We ask this through Christ our Lord.

Amen.

The Rosary of the Blessed Virgin Mary

The Rosary of the Blessed Virgin Mary

To recite the rosary is nothing other than to contemplate the face of Christ with Mary."

Pope John Paul II

In his letter "Rosarium Virginis Mariae" October 16, 2002, Pope John Paul II expressed his esteem for a method of praying that has nourished the faith of generations of Christians. The pope called on Catholics – and other Christians as well – to pray the rosary and enter "the school of Mary," who knew Jesus Christ so well as his mother and who was his closest disciple.

Though it is not mandatory, the pope also suggested that five mysteries be added to the traditional fifteen. He called them "Luminous Mysteries," or the Mysteries of Light, which include the mysteries of Christ's public ministry between his Baptism and his Passion. While leaving the use of these mysteries "to the freedom of individuals and communities," Pope John Paul suggested that they could help make the prayer more deeply centered in the life of Christ.

This chapter includes the Mysteries of Light, taken from a period of Jesus' life when he revealed himself as "the light of the world," and incorporates them into the fifteen traditional

mysteries, giving a total of twenty mysteries.

The Rosary and the Scriptures

Pope John Paul II also recommended the use of scriptural verses to accompany each mystery of the rosary in order to deepen the scriptural dimension of this prayer.

The Rosary: Where Did It Come From?

Praying the rosary well is more important than knowing its history, yet knowing the origins of the prayer can teach us much about it.

The beginnings of the rosary are found in the early Christian

practice of reciting the 150 psalms from the Bible, either daily or weekly, as a way of prayer. Those unable to recite the psalms began to recite 150 payers, mainly the Our Father, 150 times, often using beads to count the prayers. By medieval times the custom of saying "Paternoster" beads (the Latin for Our Father) was common in many countries of Europe. While saying the prayers it was customary to meditate on the mysteries of the life of Jesus, from his birth to his resurrection.

The rosary in its present form arose in late medieval Christianity when Mary, the Mother of Jesus, was seen as a guide to the mysteries of her Son. A decade of prayers called the

Hail Mary was preceded by the Our Father. Meditation on the mysteries of Christ remained at the heart of the prayer.

Through the centuries, saints like St. Dominic, many of the popes, as well as countless ordinary Christians have found the rosary to be a school of prayer and a source of spiritual blessing. It is both simple and profound. Not beyond anyone's reach, its repeated words bring peace to the soul. And the mysteries of Jesus that it recalls are also meant to be repeated on our own. We ask to "imitate what they contain and obtain what they promise, through Christ our Lord."

How to Pray the Rosary

The complete rosary consists of twenty decades, but it is further divided into four distinct parts, the Joyful, the Luminous, the Sorrowful, and the Glorious Mysteries, each containing five decades.

To say the rosary, begin by making the sign of the cross and saying the Apostles' Creed on the crucifix, one Our Father on the first bead, three Hail Marys on the next three beads, and then a Glory Be to the Father. When this is finished, meditate upon the first mystery, say an Our Father, ten Hail Marys, and one Glory Be to the Father. The first decade is now completed, and to finish the rosary proceed in

the same manner until all five decades have been said. When this is done, say one Hail Holy Queen.

As a prayer of faith, the rosary usually begins with two basic summaries of faith: the Sign of the Cross and the Creed. These prayers invite us to believe in God, the Father, the Son, and Holy Spirit, and to remember God's plan of salvation proclaimed in the scriptures.

The rosary is made up of decades of prayers. A decade of the rosary consists of an Our Father prayed before ten Hail Marys. At the end of a decade the prayer "Glory be to the Father, and to the Son, and to the Holy Spirit" is said. Most rosaries have five decades of beads.

The Five Joyful Mysteries

Mondays and Saturdays

1. **The Annunciation**
   The angel Gabriel tells Mary that she is to be the Mother of God.
2. **The Visitation**
   The Blessed Virgin pays a visit to her cousin Elizabeth.
3. **The Nativity**
   The Infant Jesus is born in a stable at Bethlehem.
4. **The Presentation**
   The Blessed Virgin presents the Child Jesus to Simeon in the Temple.
5. **The Finding in the Temple**
   Jesus is lost for three days, and the Blessed Mother finds him in the Temple.

The Five Mysteries of Light

Thursdays

1. The Baptism of Christ
   Jesus is baptized in the Jordan River by John the Baptist.
2. The Wedding at Cana
   Jesus attends a wedding at Cana in Galilee, where he turns water into wine.
3. The Proclamation of the Kingdom of God
   Jesus goes through the towns and cities of his own country proclaiming God's Kingdom and helping the poor.
4. The Transfiguration
   Jesus leads his friends up a high mountain, where they see him shining in glorious light.

5. The Institution of the Holy Eucharist
   At supper with his friends before he dies, Jesus gives himself to them in bread and wine.

The Five Sorrowful Mysteries

Tuesdays and Fridays

1. The Agony in the Garden
   Jesus prays in the Garden of Olives and drops of blood break through his skin.
2. The Scourging at the Pillar
   Jesus is tied to a pillar and cruelly beaten with whips.
3. The Crowning with Thorns
   A crown of thorns is placed upon Jesus' head.

4. The Carrying of the Cross
   Jesus is made to carry his cross to Calvary.

5. The Crucifixion
   Jesus is nailed to the cross, and dies for our sins.

The Five Glorious Mysteries

Wednesdays and Sundays

1. The Resurrection
   Jesus rises from the dead, three days after his death.

2. The Ascension
   Forty days after his death, Jesus ascends into heaven.

3. The Descent of the Holy Spirit
   Ten days after the Ascension, the Holy Spirit comes to the

apostles and the Blessed Mother in the form of fiery tongues.

4. The Assumption
   The Blessed Virgin dies and is assumed into heaven.

5. The Crowning of the Blessed Virgin
   The Blessed Virgin is crowned Queen of heaven and earth by Jesus, her Son.

Prayers of the Rosary

The Sign of the Cross

In the name of the Father, ✝ and of the Son, and of the Holy Spirit. Amen.

The Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit; born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day he rose again from the dead; He ascended into heaven, sitteth at the right

hand of God the Father Almighty; from thence he shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Our Father

Our Father who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace, the Lord is with you; Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour our death. Amen.

Glory Be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

The Hail, Holy Queen

Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus; O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Prayers to St. Joseph

Prayer to St. Joseph

Loving St. Joseph, may your holy life be an inspiration to me when I find it difficult to be faithful in the fulfillment of my duties.

You are now glorified with Jesus and Mary and are a powerful intercessor at the throne of God.

Blessed foster-father of Jesus, extend to me the same tender care with which you protected Jesus and Mary that I may walk securely in the path of salvation.

Obtain for me strong faith,

ardent love, and zeal in doing good. With Jesus and Mary, help me at the hour of my death so that I may partake of the complete redemption of the children of God and eternally praise the Father, Son, and Holy Spirit. Amen.

Prayer to St. Joseph, the Worker

Glorious St. Joseph, model of all who are dedicated to labor, obtain for me the grace to work in the spirit of love and faithfully to place my responsibilities above my own desires.

Help me to work with joy and

gratitude.
Let me consider it an honor to use and develop the gifts I have received from God.
Aid me to work with order, peace, moderation, and patience.
Help me to work above all for the glory of God and the coming of his kingdom.
May I remember that I am to give an account of the gifts and talents I have received.

Prayer to St. Joseph for Others

St. Joseph, be my patron and intercessor with God.
Through the merits of Jesus and Mary obtain for me pardon of all my sins.

Implore for me a great purity of heart, a lively faith, firm hope, and perfect charity.
Help me in all my needs of soul and body but most of all in the hour of my death.
Come to me then with Jesus and Mary and let me die in their love and with the help of your prayers.
Glorious St. Joseph, powerful protector of the holy Church, I implore your heavenly aid for the whole Church on earth, especially for the Holy Father and all bishops, priests, and religious.
Guide and help all government officials, comfort the afflicted, console

the dying, and convert sinners. Have pity on all who have died, especially members of my own family and friends.

Allow them to join you and the saints in the praise and glory of God. Amen.

Prayer to St. Joseph for Strength

St. Joseph, we confidently invoke your patronage.

By that charity with which you were united to the Immaculate Virgin Mother of God, and by that fatherly love with which you embraced the child Jesus, we beg you and humbly pray that you will look graciously

upon the inheritance which Jesus Christ purchased by his blood and assist us in our need by your power and strength.

Most watchful guardian of the holy family, protect the chosen people of Jesus Christ.

Keep far from us, most loving father, all blight of error and corruption.

Mercifully help us from heaven, most valiant defender, in this conflict with the powers of darkness. And even as of old you rescued the child Jesus from the peril of his life, so now defend God's holy Church from the snares of the enemy and

from all adversity.
Keep us one and all under
your continual protection,
that supported by your
example and your help,
we may lead a holy life, die
a happy death, and come at
last to the possession of
everlasting blessedness in
heaven. Amen.

Prayer to St. Joseph, the Guardian

O Blessed St. Joseph, faithful guardian and protector of virgins, to whom God entrusted Jesus and Mary, I implore you by the love which you did bear them, to preserve me from every

defilement of soul and body,
that I may always serve
them in holiness and purity
of love.
Amen.

Prayer to St. Joseph

O holy Joseph, chaste spouse of the Mother of God, most glorious advocate of all who are in danger or in their last agony, and most faithful protector of all the servants of Mary, I, in the presence of Jesus and Mary, do from this moment choose you for my powerful patron and advocate, and I implore you to obtain for me through your powerful intercession

the grace of a happy death.
Receive me, therefore, as your perpetual servant, and recommend me to the constant protection of Mary, your spouse, and to the everlasting mercies of Jesus, my Savior.
Assist me in all the actions of my life, which I now offer to the greater glory of Jesus and Mary.
Never, therefore, forsake me; and whatsoever grace you see most necessary and profitable for me, obtain it for me now and also at the hour of my death.
I know not when I shall die, but whatsoever hour it shall happen I invite you to be

with me at my deathbed.
Through your gracious
intercession may there be
granted me in my last hour
all the graces I need, through
the merits of Jesus Christ,
my Savior, who together
with the Father and the Holy
Spirit, lives and reigns,
world without end.
Amen.

Prayer to St. Joseph

Especially recommended to be said with the rosary during October

To you, O blessed Joseph,
we have recourse in our
affliction; and having
implored the help of your

most holy Spouse, we confidently invoke your patronage also.

By that charity which bound you to the Immaculate Virgin, Mother of God, and by the fatherly love with which you embraced the Child Jesus, look down, we beseech you, with gracious eye on the precious inheritance which Jesus Christ purchased in his blood, and help us in our necessities by your power and aid.

Protect, O most watchful guardian of the Holy Family, the elect children of Jesus Christ; ward off from us, O most loving father,

all blight of error and
corruption;
aid us from on high,
O most valiant defender, in
our struggle with the
powers of darkness; and,
even as of old you rescued
the Child Jesus from the
peril of his life, so now
defend God's holy Church
from the snares of the enemy
and from all adversity.
Shield also each one of us
by your constant protection,
so that, supported by your
example and your aid, we
may live a holy life,
die a happy death, and
attain everlasting happiness
in heaven.
Amen.

Litany of St. Joseph

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.
Christ, hear us.
Christ, graciously hear us.
God, the Father of heaven,
have mercy on us.
God, the Son, Redeemer of the
world, have mercy on us.
God the Holy Spirit, have
mercy on us.
Holy Trinity, one God, have
mercy on us.
Holy Mary, – Pray for us.
St. Joseph,

(After each invocation, respond with "Pray for us.")

Renowned descendant of
David,

Light of patriarchs,
Husband of the Mother of God,
Chaste guardian of the Virgin,
Foster-father of the Son of God,
Watchful defender of Christ,
Head of the holy family,
Joseph, most just,
Joseph, most pure,
Joseph, most prudent,
Joseph, most valiant,
Joseph, most obedient,
Joseph, most faithful,
Mirror of patience,
Lover of poverty,
Model of artisans,
Glory of domestic life,
Guardian of virgins,
Mainstay of families,
Consolation of those in
trouble,
Hope of the sick,

Patron of the dying,
Protector of holy Church,
– Pray for us.
Lamb of God, you take away
the sins of the world,
– Spare us, O Lord.
Lamb of God, you take away
the sins of the world,
– Graciously hear us,
O Lord.
Lamb of God, you take away
the sins of the world,
– Have mercy on us.
He made him lord of his
household,
– And ruler over all his
possessions.
Let us pray.
God,
in your infinite wisdom and
love you chose Joseph to be

the husband of Mary, the
Mother of your Son.
May we have the help of his
prayers in heaven and enjoy
his protection on earth.
We ask this through Christ our
Lord.
Amen.

Favorite Prayers

Prayer to St. Joseph

This prayer was found in the fiftieth year of Our Lord and Savior Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle.

Whoever shall read this prayer or hear it or keep it about themselves, shall never die a sudden death or be drowned, nor shall poison take effect on them; neither shall they fall into the hands of the enemy, or shall be burned in any fire or shall be overpowered in battle.

Say for nine mornings for anything you may desire. It has never been known to fail.

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in

you all my desires.

O St. Joseph, help me by your powerful intercession, and obtain for me from Jesus all spiritual blessings. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O St. Joseph, I never grow tired contemplating you, and Jesus asleep in your arms; I dare not approach while he reposes near your heart. Press him in my name and kiss his dear head for me and ask him to return the kiss when I draw my dying breath. Amen.

O St. Joseph, hear my prayers and

obtain my petitions.
O St. Joseph, pray for me.

Act of Consecration to the Sacred Heart

Merciful Jesus, I consecrate myself today and always to your most Sacred Heart.

Most Sacred Heart of Jesus
I implore, that I may ever
love you more and more.

Most Sacred Heart of Jesus,
I trust in you!
Most Sacred Heart of Jesus,
have mercy on us!
Most Sacred Heart of Jesus
I believe in your love for me.

Jesus, meek and humble of heart, make my heart like your heart.

Prayer to Our Lady of Perpetual Help

O Mother of Perpetual Help, with greatest confidence I present myself to you.

I implore your help in the problems of my daily life. Trials and sorrows often depress me; painful privations bring heartache into my life; often I meet the cross.

Have pity on me, compassionate Mother.

Take care of my needs, free me from my sufferings or, if it be the will of God that I should suffer still longer, grant that I may endure all with love and patience.

Mother of Perpetual Help,
I ask this in your love and power.

Prayer to St. Jude
(To be said in cases despaired of)

St. Jude, glorious apostle, faithful servant and friend of Jesus, the true Church invokes you universally as the patron of things thought to be hopeless; pray for me, who am so miserable; pray for me, that

finally I may receive the consolations and the aid of heaven in all my necessities, tribulations, and sufferings, particularly *(here make your request)*, and that I may bless God with the communion of saints throughout eternity. Amen.

St. Jude, apostle, martyr, and relative of our Lord Jesus Christ, of Mary and of Joseph, intercede for us.

Family Prayer

God made us a family.
We need one another.
We love one another.
We forgive one another.
We work together.
We play together.
We worship together.
Together we use God's Word.
Together we grow in Christ.
Together we love all people.
Together we serve our God.
Together we hope for heaven.
These are our hopes
and ideals.
Help us to attain them,
O God, through Jesus Christ
our Lord. Amen.

Prayer to Our Lady of Lourdes

O Immaculate Virgin, Mother of mercy, health of the sick, refuge of sinners, comforter of the afflicted, you know my wants, my troubles, my sufferings; look upon us in mercy.

By appearing in the Grotto of Lourdes to St. Bernadette, you were pleased to make it a privileged sanctuary, whence you dispense your favors, and many have already obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with the most unbounded confidence to implore your maternal intercession.

Obtain for me, O loving Mother, what I request *(here mention your request).* Through gratitude for your favors, I will endeavor to imitate your virtues, that I may one day share your glory.

Our Lady of Lourdes, Mother of Christ, you had influence with your divine Son while upon earth. You have the same influence now in heaven. Pray for me; obtain for me from your divine Son my special request if it be divine will. Amen.

Prayer to Our Lady of Fatima

Most holy Virgin, who appeared at Fatima, to reveal to the three little shepherds the treasures of graces hidden in the recitation of the rosary, inspire our hearts with a sincere love of this devotion, in order that by meditating on the Mysteries of our Redemption that are recalled in it, we may gather the fruits and obtain the conversion of sinners, and *(here name the other favors you are praying for)*, which we ask of you in this novena, for the greater glory of God, for your own honor, and for the good of souls. Amen.

Our Lady of the Rosary of Fatima, pray for us.

Prayer to Our Lady of Czestochowa

(To be said each day upon arising)

Holy Mother of Czestochowa, you are full of grace, goodness, and mercy. I consecrate to you all my thoughts, words, and actions; especially my soul and body. I ask for your blessings and especially prayers for my salvation. Today, I dedicate myself to you, good Mother, totally; with my body and soul, amid joy and suffering, to obtain for myself and others your blessings on this earth and eternal life in heaven. Amen.

Prayer to Our Lady of Mt. Carmel

Most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, Mother of the Son of God and Immaculate Virgin, assist me in my hour of need. Star of the sea, help me and show me that you are my Mother.

Holy Mary, Mother of God, Queen of heaven and earth, I humbly ask you from the bottom of my heart to assist me in my hour of need. There are none that can withstand your power.

Show me that you are my Mother. Mary, conceived without sin, pray for us who have recourse to you. *(3 times)* Dear Mother, I place this cause in your hands. *(3 times)*

Prayer to Our Lady of Guadalupe

Our Lady of Guadalupe, mystical rose, make intercession for the holy Church, protect the sovereign pontiff, help all those who invoke you in their necessities, and since you are the ever Virgin Mary and Mother of the true God, obtain for us from your most holy Son the grace of keeping our faith, sweet hope in the midst of the bitterness of life, burning charity, and the precious gift of final perseverance.

Prayer to St. Thérèse

St. Thérèse, the Little Flower of Jesus, please pick a rose from the heavenly garden, and send it to me with a message of love.

I beg you to obtain for me the favors that I seek *(here mention your request).*

Recommend my request to Mary, Queen of heaven, so that she may intercede for me, with you, before her Son, Jesus Christ. If this favor is granted, I will love you more and more, and be better prepared to spend eternal happiness with you in heaven.

St. Thérèse of the Little Flower, pray for me.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in our day of battle; protect us against the deceit and wickedness of the devil. May God rebuke him, we humbly pray.

And you, O prince of the heavenly host, by the power of God, banish into hell Satan and all of the evil spirits who roam through the world seeking the ruin of souls. Amen.

Prayer to St. Anthony

St. Anthony, gentlest of saints, your love for God and charity for his creatures made you worthy, when on earth, to possess miraculous powers.

Miracles waited on your word, which you were ready to speak for those in trouble or anxiety.

Encouraged by this thought, I ask you to obtain for me the favors that I seek *(here mention your request).*

The answer to my prayer may require a miracle, even so, you are the saint of miracles.

O gentle and loving St. Anthony, whose heart was full of sympathy, whisper my petition into the ears of the infant Jesus, who loved to be held in your arms; and the gratitude of my heart will ever be yours.

Prayer of St. Francis of Assisi

Lord, make me an instrument
of your peace.
Where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O divine Master,
grant that I may not so much
seek to be consoled as to console,
to be understood as to
understand, to be loved as to
love, for it is in giving that we
receive; it is in pardoning that
we are pardoned; and it is in
dying that we are born to
eternal life.

The Chaplet of the Divine Mercy

(For private recitation on ordinary rosary beads)

Our Father..., Hail Mary...,
The Apostles' Creed.

Then, on the Our Father beads you will say the following words:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the Hail Mary beads you will say the following words:

For the sake of his sorrowful Passion have mercy on us and on the whole world.

In conclusion three times you will recite these words:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

(From the Diary of the Servant of God Sr. Faustina — Note Book I, p. 197) IMPRIMATUR: + Joseph F. Maguire November 17, 1979 Bishop of Springfield, Mass. *Copyright © 1993 Congregation of Marians; printed with permission; all rights reserved.*

Novena of Childlike Confidence

(This novena is to be said at the same time every hour for nine consecutive hours – for just one day)

O Jesus, who said, "Ask and you shall receive, seek and you shall find, knock and it shall be opened to you," through the intercession of Mary, your most holy Mother, I knock, I seek, I ask that my prayer be granted. *(Make your request.)*

O Jesus, who said, "All that you ask of the Father in my Name, he will grant you," through the intercession of Mary, your most holy Mother, I humbly and urgently ask your Father in your

Name that my prayer be granted. *(Make your request.)*

O Jesus, who said, "Heaven and earth shall pass away but my word shall not pass," through the intercession of Mary, your most holy Mother, I feel confident that my prayer will be granted. *(Make your request.)*

Prayer Before a Crucifix

Look down upon me, good and gentle Jesus, while before your face I humbly kneel and with burning soul pray and beg you to fix deep in my heart lively virtues of faith, hope, and charity, true contrition for my sins, and a firm purpose of amendment.

While I contemplate, with great love and tender pity, your five most precious wounds, pondering over them within me and calling to mind the words which David, your prophet, said of you, my Jesus:

"They have pierced my hands and my feet, they have injured all my bones." Amen.

Psalm 23

The LORD is my shepherd;
there is nothing I lack.
In green pastures you let me graze;
to safe waters you lead me;
you restore my strength.
You guide me along the right path
for the sake of your name.
Even when I walk through a dark valley,
I fear no harm for you are at my side;
your rod and staff give me courage.

You set a table before me
as my enemies watch;

You anoint my head with oil;
my cup overflows.
Only goodness and love will
pursue me
all the days of my life;
I will dwell in the house of the
LORD
for years to come.

Safely Home

I am home in heaven, dear ones;
Oh so happy and so bright!
There is perfect joy and beauty
In this everlasting light.
All the pain and grief is over,
Every restless tossing passed;
I am now at peace forever,
Safely home in heaven at last.
Did you wonder how I so calmly
Trod the valley of the shade?

Oh, but Jesus' love illumined
Every dark and fearful glade.
And he came himself to meet me
In that way so hard to tread;
And with Jesus' arm to lean on,
Could I have one doubt or
dread?
Then you must not grieve so
sorely,
For I love you dearly still;
Try to look beyond earth's
shadows,
Pray to trust our Father's will.
There is work still waiting for you,
So you must not idly stand;
Do it now, while life remains,
You shall rest in Jesus' land.
When that work is all completed,
He will gently call you home;
Oh, the rapture of that meeting,
Oh, the joy to see you come!

St. Dymphna

Lord Jesus Christ, you have willed that St. Dymphna should be invoked by thousands of your believers as the patroness of nervous and mental diseases. You have brought about that her interest in these patients should be an inspiration to and an ideal of charity at her great shrine and around the world. Grant that, through the prayers of this youthful martyr of purity, those who suffer from nervous and mental illness everywhere on earth may be helped and consoled. I recommend to you in particular *(here mention those you wish to pray for).*

Be pleased to hear the prayers of

St. Dymphna and of your Blessed Mother. Give the sick and afflicted the consolation they need and especially the cure they so desire, if it be your will. O God, through St. Dymphna, grant relief to those who suffer from mental afflictions and nervous disorders. Through Christ our Lord. Amen.

Prayer for Motherhood

O glorious St. Gerard, powerful intercessor before God, and wonder worker of our day, I call upon you and seek your help. You who always fulfilled God's will on earth, help me to do God's holy will. Intercede with the Giver of life, from whom

all parenthood proceeds, that I may conceive and raise children who will please God in this life, and be heirs to the kingdom of heaven. Amen.

Prayer to St. Peregrine

God, who gave St. Peregrine an angel as his companion, the Mother of God as his teacher, and Jesus as the physician for his illness: grant, we ask you, that we on earth may intensely love the Blessed Virgin Mary and our Savior, and in heaven bless them forever. Grant that we receive the favor for which we now ask through Jesus Christ our Lord. Amen.

One Our Father, Hail Mary, and Glory Be accompanied by St. Peregrine, pray for us.

St. Peregrine is recognized as the patron of cancer victims because a malignant cancerous growth on his leg was cured.

An Act of Consecration to Our Lady of the Miraculous Medal

O Virgin Mother of God, Mary Immaculate, we dedicate and consecrate ourselves to you under the title of Our Lady of the Miraculous Medal.

May this medal be for each one of us a sure sign of your affection for us and a constant reminder of our duties toward you.

Ever while wearing it, may we be blessed by your loving protection and preserved in the grace of your Son.

O most powerful Virgin, Mother of our Savior, keep us close to you every moment of our lives.

Obtain for us, your children, the grace of a happy death; so that, in union with you, we may enjoy the bliss of heaven forever. Amen.

O Mary, conceived without sin, pray for us who have recourse to you.
(3 times)

I Said a Prayer for You Today

I said a prayer for you today
And know God must have heard.
I felt the answer in my heart
Although he spoke no word!

I didn't ask for wealth or fame
(I knew you wouldn't mind).
I asked him to send treasures
Of a far more lasting kind!

I asked that he'd be near you
At the start of each new day;
To grant you health and blessings
And friends to share your way!

I asked for happiness for you
In all things great and small.
But it was for his loving care
I prayed the most of all!

Cross in My Pocket

I carry a cross in my pocket
A simple reminder to me
Of the fact that I am a Christian
No matter where I may be.
This little cross is not magic
Nor is it a good luck charm.
It isn't meant to protect me
From every physical harm.
It's not for identification
For all the world to see.
It's simply an understanding
Between my Savior and me.
When I put my hand in my
pocket
To bring out a coin or key,
The cross is there to remind me
Of the price he paid for me.
It reminds me, too, to be
thankful

For my blessings day by day
And to strive to serve him
better
In all that I do and say.
It's also a daily reminder
Of the peace and comfort I
share
With all who know my master
And give themselves to his care.
So, I carry a cross in my pocket
Reminding no one but me
That Jesus Christ is Lord of my
life
If only I'll let him be.

Footprints

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints; I don't understand why when I needed you most you would leave me."

The Lord replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Margaret Fishback Powers © 1964

Serenity Prayer

God, grant me the courage to change the things I can change, the serenity to accept those I cannot change, and the wisdom to know the difference. But God, grant me the courage not to give up on what I think is right, even though I think it is hopeless.

Prayer for the Helpless Unborn

Heavenly Father, in your love for us, protect against the wickedness of the devil, those helpless little ones to whom you have given the gift of life.

Touch with pity the hearts of those women pregnant in our

world today who are not thinking of motherhood.

Help them to see that the child they carry is made in your image – as well as theirs – made for eternal life.

Dispel their fear and selfishness and give them true womanly hearts to love their babies and give them birth and all the needed care that a mother alone can give.

We ask this through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Police Officer's Prayer to St. Michael

St. Michael, heaven's glorious commissioner of police, who once so neatly and successfully cleared God's premises of all its undesirables, look with kindly and professional eyes on your earthly force.

Give us cool heads, stout hearts, an uncanny flair for investigation and wise judgment.

Make us the terror of burglars, the friend of children and law-abiding citizens, kind to strangers, polite to bores, strict with law-breakers and

impervious to temptations. You know, St. Michael, from your own experiences with the devil, that the police officer's lot on earth is not always a happy one; but your sense of duty that so pleased God, your hard knocks that so surprised the devil, and your angelic self-control give us inspiration.

And when we lay down our night sticks, enroll us in your heavenly force, where we will be as proud to guard the throne of God as we have been to guard the city of all the people. Amen.

Prayer for Safe Delivery

O great St. Gerard, beloved servant of Jesus Christ, perfect imitator of your meek and humble Savior, and devoted child of the Mother of God, enkindle within my heart one spark of that heavenly fire of charity which glowed in your heart and made you an angel of love.

O glorious St. Gerard, because when falsely accused of crime, you did bear, like your Divine Master, without murmur or complaint, the calumnies of wicked men, you have been raised up by God as the patron and protector of expectant mothers.

Preserve me from danger and from the excessive pains accompanying childbirth, and shield the child which I now carry, that it may see the light of day and receive the purifying and life-giving waters of baptism through Jesus Christ our Lord. Amen.

(9 Hail Marys)

The Motorist's Prayer

Grant me, O Lord, a steady
hand and watchful eye.
That no one shall be hurt as
I pass by.
You gave life, I pray
no act of mine
May take away or mar that gift
of thine.
Shelter those, dear Lord,
who bear my company,
From the evils of fire and all
calamity.
Teach me to use my car for
others' need;
Nor miss through love of
undue speed
The beauty of the world; that
thus I may
With joy and courtesy go on

my way.
St. Christopher, holy patron of
travelers,
Protect me and lead me safely
to my destiny.

Firefighter's Prayer

Almighty God, protector of all,
your strength, power, and wisdom
are a beacon of light to all:

Give special guidance to
firefighters so that we may be
protected from harm while
performing our duty.

Help me with your loving care
while I work to save the lives
and property of all people,
young and old.

Give me the courage, the alertness to protect my neighbors and all others whom I am pledged to aid when involved in fire or accident. Amen.

Prayer to St. Pio

O Jesus, full of grace and charity, victim for sinners, so impelled by your love of us that you willed to die on the cross, I humbly entreat you to glorify in heaven and on earth, the servant of God, St. Pio of Pietrelcina, who generously participated in your sufferings, who loved you so much and labored so faithfully for the glory of your heavenly Father and for the

good of souls.
With confidence, I beg you to grant me, through his intercession, the grace of…which I ardently desire.

3 times: Glory Be to the Father…

Imprimatur: Manfredonia, 12-3-1971
+ Valentino Vailati, Archbishop

Prayer to St. Benedict

God our Father, you made St. Benedict an outstanding guide to teach men how to live in your service. Grant that by preferring your love to everything else, we may walk in the way of your commandments.
Through Christ our Lord.
Amen.

A Nurse's Prayer

O my God, teach me to receive the sick in your name. Give to my efforts success for the glory of your holy name.

It is your work: without you, I cannot succeed.

Grant that the sick you have placed in my care may be abundantly blessed, and not one of them be lost because of any neglect on my part.

Help me to overcome every temporal weakness, and strengthen in me whatever may enable me to bring joy

to the lives of those I serve.

Give me grace, for the sake of your sick ones and of those lives that will be influenced by them. Amen.

Teacher's Prayer

I want to teach my students how
To live this life on earth,
To face its struggles
  and its strife
And improve their worth.
Not just the lesson in a book
Or how the rivers flow,
But how to choose
  the proper path
Wherever they may go.
To understand eternal truth

And know the right from wrong
And gather all the beauty of
A flower and a song.
For if I help the world to grow
In wisdom and in grace
Then I shall feel that I have won
And I have filled my place.
And so I ask your guidance,
God,
That I may do my part
For character and confidence
And happiness of heart.

Healing Prayer at Bedtime

Lord Jesus, through the power of the Holy Spirit, go back into my memory as I sleep.

Every hurt that has ever been

done to me, heal that hurt.

Every hurt that I have ever caused another person, heal that hurt.

All the relationships that have been damaged in my whole life that I am not aware of, heal those relationships.
But, Lord, if there is anything that I need to do, if I need to go to a person because he or she is still suffering from my hand, bring to my awareness that person. I choose to forgive, and I ask to be forgiven.

Remove whatever bitterness may be in my heart, Lord, and

fill the empty spaces with your love. Amen.

Litany of Humility

O Jesus meek and humble of heart, hear me.

From the desire of being esteemed,
(After each invocation, respond with "Deliver me Jesus.")
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,

From the desire of being
consulted,
From the desire of being
approved,
From the fear of being
humiliated,
From the fear of being despised,
From the fear of suffering
rebukes,
From the fear of being maligned,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being
suspected,
That others may be loved more
than I,

(After each invocation, respond with,
"Jesus, grant me the grace to desire it.")

That others may be esteemed

more than I,
That in the opinion of the world,
others may increase,
and I may decrease,
That others may be chosen and I
set aside,
That others may be praised and I
unnoticed,
That others may be preferred to
me in everything,
That others become holier than I,
provided that I may become
as holy as I should.

Cardinal Raphael Merry del Val

Thoughts from Holy Scripture

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

John 3:16

He said to him, "You shall love the Lord your God, with all your heart, and with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself."

Matthew 22:37-39

Love one another.
As I have loved you, so you also should love one another.

John 13:34

If I speak in human and angelic tongues, but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy, and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains, but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast, but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, [love] is not

pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:1-7

Everything Has Its Time

There is an appointed time for
everything,
and a time for every affair
under the heavens.
A time to be born, and a time to
die;

a time to plant, and a time to
uproot the plant.
A time to kill, and a time to heal;
a time to tear down, and a time
to build.
A time to weep, and a time to
laugh;
a time to mourn, and a time to
dance.
A time to scatter stones, and a
time to gather them;
a time to embrace, and a time
to be far from embraces.
A time to seek, and a time to
lose;
a time to keep, and a time to
cast away.
A time to mend, and a time to
sew;
a time to be silent, and a time
to speak.

A time to love, and a time to
hate;
a time of war,
and a time of peace.

Ecclesiastes 3:1-8

How to Live Your Life

Entrust your works to the LORD,
and your plans will succeed.

Proverbs 16:3

What is committed to you,
attend to;
for what is hidden is not
your concern.

Sirach 3:21

Walk with wise men and you
will become wise,
but the companion of fools
will fare badly.

Proverbs 13:20

As one face differs from another,
so does one human heart
from another.

Proverbs 27:19

Never gainsay the truth,
and struggle not against the
rushing stream.

Sirach 4:25

Train a boy in the way he
should go;
even when he is old, he will
not swerve from it.

Proverbs 22:6

A soothing tongue is a tree of life,
but a perverse one crushes
the spirit.

Proverbs 15:4

He who has compassion on the
poor lends to the LORD,
and he will repay him for his
good deed.

Proverbs 19:17

See what love the Father has
bestowed on us that we may be
called the children of God.

1 John 3:1

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened.

Matthew 7:7-8

Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours.

Mark 11:24

Punish us, O LORD, but with
equity,
not in anger, lest you have us
dwindle away.

Jeremiah 10:24

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourself. For my yoke is easy, and my burden light.

Matthew 11:28-30

But he said to me, "My grace is sufficient for you, for power is made perfect in weakness." I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me.

2 Corinthians 12:9

Do not worry about tomorrow;
tomorrow will take care of itself.
Sufficient for a day is its own evil.

Matthew 6:34

If God so clothes the grass of the
field, which grows today and is
thrown into the oven tomorrow,
will he not much more provide
for you, O you of little faith?

Matthew 6:30

Study the generations long past
and understand;
has anyone hoped in the
LORD and been disappointed?
Has anyone persevered in his
fear and been forsaken?
has anyone called upon him
and been rebuffed?

Sirach 2:10

Then Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it."

Matthew 16:24-25

Even to the death fight for
truth,
and the LORD your God will
battle for you.

Sirach 4:28

Let your acquaintances be many,
but one in a thousand your confidant.
When you gain a friend, first test him,
and be not too ready to trust him.
For one sort of friend is a friend when it suits him,
but he will not be with you in time of distress.
Another is a friend who becomes an enemy,
and tells of the quarrel to your shame.
Another is a friend, a boon companion,
who will not be with you when sorrow comes.
When things go well, he is your

other self,
and lords it over your servants;
But if you are brought low, he
turns against you
and avoids meeting you.
Keep away from your enemies;
be on your guard with your
friends.
A faithful friend is a sturdy
shelter;
he who finds one finds a
treasure.
A faithful friend is beyond price,
no sum can balance his worth.
A faithful friend is a life-saving
remedy,
such as he who fears God finds.

Sirach 6:6-16

This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you.

John 15:12-16

Behold, I am coming soon. I bring with me the recompense I will give to each according to his deeds.

Revelation 22:12

Do not let your hearts be troubled. You have faith in God; have faith also in me. In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be.

John 14:1-3

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